We are aware that the well-being of our energy centers, or chakras, affect our mental, physical, emotional and spiritual well-being. We may not be as aware of the fact that how we treat our physical body also may affect the well-being of our energy system. There is much being written about how our physical habits, including what we eat, influence our chakra system.

As we explore what we eat in relationship to our energetic health and well-being, we might very well ask what comes first – healthy energy centers or a healthy diet. Despite this, it has become increasingly apparent that we function as one being. What we do in one “arena” influences the others. Wholeness reigns.

To quote Deanna Minich, PhD, “If chakras are associated with a spectrum of vibration, from the denser vibration of the body to the finer vibration of the spirit, it would seem that the frequency carried by individual foods could impact our energy. We might find that we need multiple different vibrations to balance the various parts of us, perhaps we need some grounding in the root, some expansion in the heart, and a bit of opening in our sense of connection with others and divinity. Might food be able to help us? Could heavy protein help us to ground and feel more present? What about leafy green vegetables assisting us in unfolding our heart and circulation? And could intentional eating help us to see the mystery of life on every plate?” (FoodAndSpirit.com/about/eat-for-your-chakra-type)

Energy Magazine columnist, Sharon Greenspan, says “When the energetic patterns of foods are internalized – consumed and digested – changes in energy patterns, physiology and psychology can occur” (Greenspan Energy Magazine (EM) Sept/Oct 2012) She goes on to say that “food appears a particular color because it reflects the vibration of that color (basic physics). This color correlates to the chakra.” (EM May/June 2012)

Both Sharon Greenspan and Dr. Minich, as do others, correlate specific foods to specific energy centers. Correlation may be based on color, as with fruits and vegetables, or if what we eat is grown in the ground or above ground, or what affect they have on the body. “For example, foods which grow in trees have a different effect from foods which grow underground. We need to consider all of these aspects when choosing food for the effect on chakras and auras.” (Greenspan EM May/June 2012) If you have a question about a particular food, you can use a pendulum to assess its appropriateness.

You will want to revisit Energy Magazine’s Energy of Food column written by Sharon Greenspan. There you can find more suggestions and tips for exploration. Past columns can be found at EnergyMagazineOnline.com/article-index#energyfood.

This handout is designed to assist you in exploring the realm of eating to support your energy system. We offer you a way of tracking your daily intake and noticeable changes. Deanna Minich has graciously offered you two tools that she has developed – Nourish Your Whole Self and the Seven Systems of Health. More information and opportunities can be found on Deanna’s website FoodAndSpirit.com.
Nourish your whole self

THE ROOT
- Protein, Minerals, Root Vegetables, Medicinal Mushrooms, Red-Colored Foods
- Honor the body’s wisdom, follow instinct, cultivate traditions, engage in healthy social eating

THE FIRE
- Carbohydrates, Healthy Sweeteners, High-Fiber Foods, Legumes, Whole Grains, Yellow-Colored Foods
- Eat according to your body’s rhythm, schedule time to eat when busy, promote balance in all activities

THE INSIGHT
- Spices, Mood-Altering Foods (e.g., Chocolate, Caffeine), Blue-Purple Foods
- Eat intuitively, be mindful, eat foods to enhance thinking

THE LOVE
- All Vegetables, Leafy Greens, Cruciferous Vegetables, Microgreens, Sprouts
- Grow, eat, and serve with love, give thanks for food, share meals with others

THE FLOW
- Fats & Oils, Water, Fish, Nuts, Seeds, Tropical Foods, Orange-Colored Foods
- Prepare meals with creativity, open to the senses, be playful, recognize emotional eating patterns

THE SPIRIT
- Pure, Organic Foods, Foods to Encourage Detoxification, Sunlight, Oxygen, Love, Intention
- Connect with life through eating, harmonize body and soul, eat pure foods, cleanse the body through detoxification practices

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## The Seven Systems of Health by Food & Spirit

<table>
<thead>
<tr>
<th>ASPECT</th>
<th>ENDOCRINE GLAND</th>
<th>ANATOMY</th>
<th>PHYSIOLOGICAL ACTIVITIES</th>
<th>CORE ISSUES</th>
<th>FOODS</th>
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</table>
| THE SPIRIT | Pineal gland | • Electromagnetic field  
• Energy meridians  
• Nervous system  
• Pineal gland | • Circadian rhythms  
• Cleansing  
• Light sensitivity and receptivity | • Connection  
• Purpose  
• Soul | • Fasting and detoxification practices  
• No foods  
• Photons  
• Toxin-free foods |
| THE INSIGHT | Pituitary gland | • Brain  
• Eyebrows  
• Eyes  
• Forehead  
| • Neurons  
• Neurotransmitters  
• Pituitary gland | • Mood balance  
• Sleep  
• Thought processing | • Intuition  
• Reflection  
• Visualization | • Blue-purple foods  
• Caffeine  
• Chocolate/cocoa  
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• Spices |
| THE TRUTH | Thyroid gland | • Cheeks  
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• Ear  
• Mouth  
• Neck  
• Nose  
• Throat  
• Thyroid gland | • Chewing  
• Metabolism  
• Hearing  
• Smelling  
• Speaking | • Authenticity  
• Choice  
• Voice | • Fruits  
• Juice  
• Sauces  
• Sea plants |
| THE LOVE | Thymus and heart | • Armpits  
• Arms  
• Blood vessels  
• Breasts  
• Hands  
• Heart  
• Lungs  
• Lymphatic system  
• Shoulders  
• Thymus  
• Wrists  | • Breathing  
• Circulation  
• Oxygenation | • Compassion  
• Expansion  
• Service | • Leafy vegetables  
• Microgreens  
• Phytonutrients  
• Sprouts  
• Vegetables (especially green) |
| THE FIRE | Pancreas | • Gallbladder  
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• Pancreas  
• Small intestine  
• Stomach | • Assimilation  
• Biotransformation  
• Blood sugar balance  
• Digestion | • Balance  
• Energy  
• Power | • Dietary carbohydrates  
• Healthy sweeteners  
• Legumes  
• Soluble fiber  
• Whole grains  
• Yellow-colored foods |
| THE FLOW | Ovaries/testes | • Bladder  
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• Kidneys  
• Large intestine  
• Reproductive system  
• Sacrum  
| • Joints  
• Legs  
• Muscles  
• Rectum  
• Skin  
• Tailbone (Coccyx)  | • Cellular replication  
• Fat storage  
• Reproduction  
• Water balance | • Creativity  
• Emotions  
• Relationships | • Dietary fats and oils  
• Fermented foods  
• Fish and seafood  
• Nuts and seeds  
• Orange-colored foods  
• Tropical foods  
• Water |
| THE ROOT | Adrenal glands | • Adrenal glands  
• Blood cells  
• Bones  
• DNA  
• Feet  
• Immune system  | • Enzyme activity  
• Flight-or-fight response  
• Gene expression  
• Protein production | • Safety  
• Survival  
• Tribe | • Dietary proteins  
• Immune-enhancing foods  
• Insoluble fiber  
• Mineral-rich foods  
• Red-colored foods  
• Root vegetables |

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## Food Planner

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Fruits</th>
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### Changes You Have Noticed

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